



**GOVERNMENT COLLEGE OF EDUCATION  
SECTOR 20-D, CHANDIGARH  
NSS 7-DAY SPECIAL CAMP**

**THEME: SWACHHTA HI SEVA & HEALTH AND HYGIENE**

**Day 7 (30th SEPTEMBER 2024)**

The last day of the NSS 7-Day Special Camp began with a yoga session led by Mr. Bijender, promoting physical and mental well-being. This was followed by a presentation on Poshan Maah, emphasizing the importance of nutrition for personal growth and academic success. Volunteers showcased their creativity in a Millet-Based Recipe Competition, highlighting the health benefits of millets, before participating in a Blood Donation Camp to promote community service. The camp concluded with a Valedictory Function that celebrated the volunteers' achievements and fostered a sense of closure, followed by a feedback session and restoration of articles, allowing participants to reflect on their experiences and future plans.

**Session 1: Yoga Training Session by Mr. Bijender**

The day commenced with a yoga session led by Mr. Bijender, a certified yoga instructor. The session aimed at enhancing physical and mental well-being, encouraging participants to find balance and peace through various asanas and breathing exercises. This session, in alignment with the camp's holistic approach, set a tranquil and positive tone for the day. After the yoga session, the participants gathered for breakfast, enjoying a nutritious meal. This break not only provided physical nourishment but also gave the volunteers time to socialize and discuss their experiences over the past week.

## **Session 2: Blood Donation Camp and Swachhta Hi Seva**

The NSS camp culminated with a vital Blood Donation Camp held at the Community Centre in Kajheri. This event aimed to promote the spirit of altruism and community service among volunteers and local residents. The camp not only emphasized the importance of blood donation but also educated attendees on its life-saving significance. Volunteers actively participated in organizing the event, ensuring a smooth process for donors and helping to raise awareness about the critical need for blood donations in saving lives. Following the blood donation camp, the participants enjoyed a wholesome lunch. The meal provided an opportunity for the volunteers to relax and reflect on the achievements of the camp, with conversations centred on the lessons learned about teamwork, leadership, and community responsibility.

## **Session 3: Millet-Based Recipe Competition and Seva Se Seekhe**

The volunteers participated in a session dedicated to millet awareness, focusing on the nutritional benefits and sustainability of incorporating millets into daily diets. This interactive session included a millet-based recipe competition, encouraging participants to explore healthy eating options using millets. Volunteers showcased their culinary creativity by preparing a variety of dishes, highlighting the versatility and health benefits of millets. This engaging activity not only educated participants about the importance of millets in promoting food security but also fostered a sense of community as they shared and enjoyed their delicious creations together. Along with this the volunteers also rendered their services in the dispensary and diligently worked to spread awareness about prevention measures against dengue and malaria.

## **Session 4: Valedictory Function**

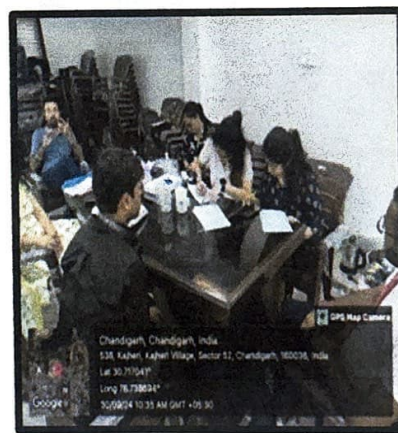
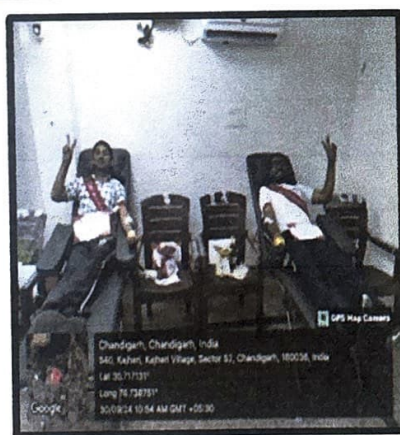
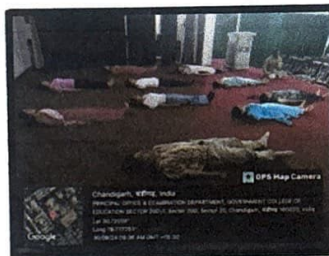
The valedictory function was the highlight of the day, with Chief Guest Dr. Nemi Chand, State Liaison Officer, attending the event. Dr. Nemi Chand praised the volunteers for their dedication, community service, and commitment to the values of NSS. The function was also attended by Dr. Parveen Goyal, Programme Coordinator, National Service Scheme, Panjab University, and Dr. Sonia Sharma, NSS Programme Officer, Dr. S.S. Bhatnagar University Institute of Chemical Engineering & Technology, Panjab University. The volunteers shared reflections on their experiences throughout the camp, celebrating the bonds they had formed and the personal growth they had achieved.

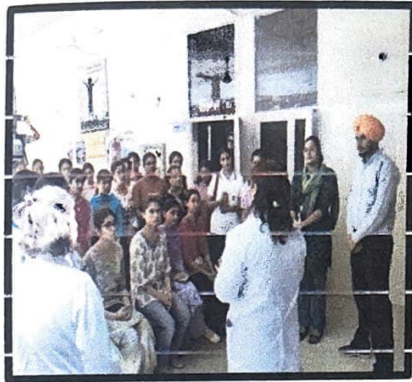
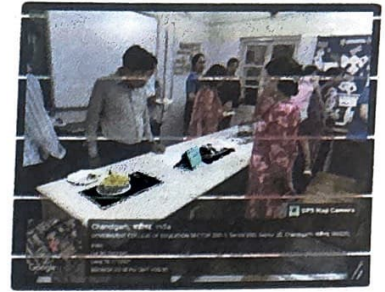
## Session 5: Feedback and Restoration of Articles

The day concluded with the filling of feedback forms, where volunteers shared their thoughts on the camp's organization, activities, and overall impact. The feedback session was followed by the restoration of issued articles, marking the formal end of the camp. A final tea break provided a moment of reflection and informal interaction, as volunteers discussed their plans to carry forward the lessons learned during the camp in their daily lives. This session fostered a sense of closure and camaraderie, rounding off the week-long journey.

Day 7 of the NSS special camp served as a fitting conclusion to a week of learning, service, and self-development. The day's focus on health, nutrition, and well-being, combined with the celebration of the volunteers' achievements, created a sense of pride and accomplishment. As the volunteers bid farewell, they left with a deeper understanding of community service, environmental responsibility, and holistic personal growth, equipped with valuable life skills and memories to cherish.

### Glimpses:





**NSS PO**

Dr. Balwinder Kaur *Balwinder* 30/9/2024

Dr. Aarti Bhatt *Aarti*

Dr. Upasana Thapliyal *Upasana*

*Sand*  
30/9/2024

**Principal**

Dr. Sapna Nanda